THREE-MEALS-A-DAY SERIES

RICE

FOR

BREAKFAST,
DINNER, SUPPER

BESSIE R. MURPHY

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Dedicated to
SOMEBODY SOMEWHERE
To be used by
EVERYBODY EVERYWHERE

They had best not stir the rice, though it sticks to the pot.

DON QUIXOTE

Cookery . . . . means the economy of your great-grandmothers, and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness, and French art, and Arabian hospitality; and it means, in fine, that you are to be perfectly and always "ladies" —loaf-givers.

RUSKIN

THE INTRODUCTION

This little series of books is a collection of tested and economical recipes for everyday foods that are obtainable everywhere and suitable for any of the three meals of the day. These recipes are written in plain, everyday terms. They are not all original — the authors of many of them are unknown. They form just a little series of everyday books for everybody from everywhere.

The war has given every homemaker an opportunity to realize the difference between USE and ABUSE of foods. For years we have wasted much of the bountiful supply of food produced by our country. Let us then not go backward, but let us go forward bending every energy to make lasting the benefit in health and economy gained from a diet that not only eliminates extravagance and waste in buying and serving, but also affords greater variety.

The recipes in this series call for flour, sugar, and butter. To conserve these three foods just as long as our country and the Allies need them is the loyal and patriotic duty of — not the other fellow — but you.

MEASUREMENTS

All measurements should be accurate to insure success.
A standard measuring cup is equal to ½ pint.
All measures are leveled.
For ½ spoon divide with knife lengthwise.
For ¼ spoon divide with knife crosswise.
For ⅛ spoon divide with knife crosswise.

SUBSTITUTES

The same substitutes are not obtainable in every state, and for this reason the following tables are given. You may use the ones to be obtained in your community.

FLOUR

For 1 cup of wheat flour, substitute:

1⅜ cups barley
⅞ cup buckwheat
1 " corn flour
1 " " meal
1 " " starch
1 " peanut flour
¾ " potato flour
⅞ " rice flour
1½ cups rolled oats
⅞ cup soy-bean flour
1⅛ cups sweet-potato flour

SUGAR

For 1 cup of sugar, use:

1¼ cups corn syrup
1¼ " honey
1½ " maple sirup
1⅓ " molasses

BUTTER

In place of one cup of butter, use:

1 cup oleomargarine
¾ cup chicken fat
⅞ cup clarified dripping
⅞ cup solid vegetable fat, such as Crisco
¾ cup cotton seed oil
¾ cup peanut oil
¾ cup corn oil

RICE

ORIGIN, USE, AND FOOD VALUE

Importance. "May you have plenty of rice to-day" is the greeting in all parts of the world where this tiny grain is the symbol of prosperity. It is not a new food, for it was used by the Romans and Greeks and was mentioned several hundred years before Christ. To-day rice is the principal food for one-third of the world's population, is sold in every country, and is found on the tables of the rich as well as of the poor. It is not expensive when its cost and nourishment are compared with those of other foods.

Rice deserves to be more appreciated and to be served three times a day, for it can be used in various ways: as a cereal, soup, salad, dinner vegetable, bread, dessert, invalid food, and in made-over dishes.

Food value. While rice is deficient in protein, mineral matter, and fat, it is the richest cereal in starch. As an energy-giving food it leads the following: corn, wheat, oats, fat beef, lean beef, and potatoes.

As a food to balance the diet, rice is ideal.

Potatoes, bread, and other starchy foods should not be used at the same meal with rice, as they have the same food value. If used at all, they should be used sparingly.

Rice and cheese make a good combination, for the cheese furnishes the protein and fat that the rice lacks. Tomato sauce with rice gives the acid and salts that are lacking.

Either eggs, milk, or meat at the same meal with rice are good, served separately or in combination. Rice may also be served with beef, veal, chicken, and any lean meat. It

may be eaten with beans, peas, cheese, and other highly nitrogenous foods. Because it has a low quantity of cellulose, rice is easy to digest and makes an excellent starchy food for young children.

Grades of rice. There are three grades of rice: brown or unpolished rice, polished rice, and coated rice. The brown or unpolished rice is the only grade that retains the flavor of the whole grain. Few people really know the taste of rice, because in the polishing process rice loses not only flavor, but also much of its mineral salts. If once used, the brown rice will always be used, since it is richer in flavor.

Rice is polished to improve its appearance. This polishing, however, does not improve it as a food, but rather detracts from both its food value and its flavor.

Rice with the "shiny" look is coated. This rice has received a coating of glucose and talcum powder and is the most expensive kind. Glucose is a harmless substance that easily dissolves in cold water, but the adulteration of rice by substances that are not foods is quite unnecessary.

HOW TO COOK RICE

In the preparation of rice there are two principles that must be observed. First, it must be cooked long enough to render it digestible. If it is cooked in a double boiler, 45 minutes should be allowed; if it is boiled directly over the stove, 30 or 40 minutes. Second, it must be cooked in such a way that the individual grains retain their shape. Instead of forming a pasty mass, the grains should remain separate from one another.

It is always best to cook starchy foods slowly and at a low temperature rather than to boil them. Therefore it is preferable to steam rice. *Never stir rice.*

First wash rice through several waters, or until the water is unclouded. This will remove the foreign substances.

Boiled Rice

½ cup rice — 2 cups water
½ teaspoon salt

Bring water to boil, add salt and rice slowly, a little at a time to keep the grains separate. Cook until grains are soft. Drain through colander and pour ½ pint cold water through the rice to separate the grains. Cover pot with cloth and set on back of stove (warm place) for 10 minutes to allow the grains to swell. Run knife around side of pot to remove the rice. Serve hot.

Rice in Double Boiler

½ cup rice — 1½ cups water
½ teaspoon salt

Have water boiling in upper part of double boiler and add salt and well-washed rice. Cover pot and allow rice to cook until grains are soft. Remove lid and cook until rice is dry, or pour off excess water and set pot in oven to dry.

Rice in Fireless Cooker

½ cup rice — 1¾ cups water
1 teaspoon salt

Wash rice, add salt and rice to boiling water, boil 3 minutes. Place in fireless cooker, and cook 1 hour, or until soft.

To Reheat Rice

Pour a little boiling water over the rice and heat with cover on vessel; or the best way is to place rice in colander over pot of boiling water for five minutes.

RICE FOR BREAKFAST

Cereal

Boil or steam as when reheating rice. Serve hot with cream and sugar, or fruit.

Rice Waffles

1 cup cooked rice
1 cup flour
2 eggs
Sweet milk
1 tablespoon sugar (if desired)
½ teaspoon salt
1 teaspoon butter
1½ teaspoons baking powder

Press rice through a sieve or colander. Rub the butter into the sugar; sift together flour, salt, and baking powder and add mixture to the sugar and butter. Then add the yolks of the eggs and the rice. Thin with milk to the consistency of cake batter and fold in the beaten whites of the eggs. Have the waffle-iron hot and well greased; fill two-thirds full, close, and turn when lower side is brown.

Rice Griddle Cakes

2 cups cooked rice
1 pint flour
1 egg
½ pint sweet milk
1 teaspoon sugar (may be omitted)
½ teaspoon salt
1½ teaspoons baking powder

Sift flour, sugar, salt, and baking powder; add rice, free from lumps, and diluted with the beaten egg and milk; mix into smooth batter. Have griddle well heated and greased. Bake cakes a golden brown and serve with sirup.

Rice Gems

1 cup cooked rice
1 cup flour
1 cup milk
1 egg
1 teaspoon baking powder
¼ teaspoon salt
1 tablespoon melted butter

Mix and bake in well-greased gem pans in hot oven.

Corn and Rice Muffins

1 pint corn meal
1 cup cooked rice
1 pint sweet milk
1 egg
1 tablespoon flour
1 tablespoon butter
2 tablespoons baking powder

Mix and bake in well-greased muffin pans the same as regular muffins.

Rice Spoon Bread

1 cup cooked rice
2 eggs
½ cup corn meal
1 pint sweet milk
½ tablespoon butter
2 teaspoons baking powder
1½ teaspoons salt

To the well-beaten eggs, add the rice, milk, and butter. Sift the dry ingredients together and add them to the first mixture. Pour batter into a hot, well-greased pan and bake for 45 minutes in a moderate oven. Serve hot.

Soft Rice Bread

1 cup cooked rice
½ cup corn flour
1 cup milk
¾ teaspoon salt
1 tablespoon fat
1 egg

Mix the rice, fat, salt, and well-beaten yolk of egg. Add flour and milk. Mix thoroughly and fold well-beaten white of egg into mixture. Pour batter into greased baking dish and bake ½ hour in moderate oven. Serve hot or cold.

Rice Corn Bread

1½ cups cooked rice
1½ cups corn meal
4 teaspoons baking powder
1 cup milk
¾ teaspoon salt
1 egg
1 tablespoon fat

Mix as ordinary corn bread. Bake in moderate oven.

Fried Rice

Take any rice that is left over, and mold it in a pan or dish. Turn out of molds, cut in slices, and bake on both sides in oven or fry in hot drippings or bacon fat.

Rice Bread

1 cup lukewarm water, milk, or a mixture of the two
1 cup uncooked rice
1¼ teaspoons salt
1 tablespoon sugar
Butter (if used) or other fat, 1 tablespoon or less
1 cake compressed yeast
2 cups wheat flour

Place rice and one-half the liquid in a double boiler and steam until the rice is soft. Measure the sugar, salt, and fat (if used) into a bowl and pour over them the remaining liquid (½ cup). When the mixture has become lukewarm, add the yeast and ½ cup flour. Allow this sponge to rise until it is very light. Add the boiled rice, which should have been cooked until it is lukewarm, and the remainder of the flour. Knead thoroughly. This dough is so thick that some pressure is required to work in the last portions of the flour. Allow the dough to rise until it has doubled its bulk, form into a loaf, place loaf in a pan, and allow it to rise until it reaches nearly to the top of the pan. Bake. For an over-night rising use one-half cake yeast.

Creole Rice Bread

2 cups corn meal
1 cup boiled rice
2 cups sweet milk
3 eggs
1 tablespoon butter
1 teaspoon salt
2 teaspoons baking powder

Beat eggs very light, and add the other ingredients. Pour batter into greased pan and bake quickly. Serve hot.

RICE OMELET

½ cup cooked rice 1 egg
Salt and pepper

Mix beaten egg with rice. Season with pepper and salt. Cook the same as any other omelet and serve hot.

RICE SOUFFLÉ

3 eggs 1 cup cooked rice
1 cup medium white sauce

Beat the yolks of the eggs and add them to the white sauce. Add the boiled rice. Beat whites very light and fold into the mixture. Turn batter into a greased skillet and cook at moderate temperature until the lower surface is browned; turn out on a hot plate, and serve.

WHITE SAUCE FOR SOUFFLÉ

1 cup milk 1 tablespoon corn starch
1 tablespoon fat ½ teaspoon salt
⅛ teaspoon pepper

Melt fat, stir in cornstarch, salt, and pepper, and then add milk. Heat, stirring until thickened.

RICE FOR DINNER

CREAM OF RICE SOUP

1 cup rice 1 cup milk
6 cups cold water 2 tablespoons butter or drippings
1 small onion 2 tablespoons flour
1 teaspoon chopped parsley (if desired) Salt and pepper

Place rice and onion in cold water and cook until rice is tender. Press through a sieve. Melt fat, add flour, milk, and seasonings; boil 5 minutes. Combine mixtures. Add parsley.

Rice Soup with Vegetables

When boiling rice in a quantity of water, do not throw away the water. Drain it into a saucepan and add diced carrots, bits of celery tops, and green onions, a little parsley, or any other tender greens or vegetables, such as cooked peas or string beans cut into small pieces. Season with salt and pepper and simmer gently until vegetables are cooked. More water may be added if necessary, but if soup merely simmers, not much of the water will evaporate.

Baked Rice with Cheese

Steam or boil 1 cup rice, allowing 1 tablespoon salt. Cover bottom of buttered baking dish with rice, dot over with 1 tablespoon butter, and sprinkle with grated mild cheese and a few grains of cayenne. Repeat layers until rice and ¼ cup cheese are used. Add milk equal to one-half contents of dish, cover with buttered bread or cracker crumbs, and bake until cheese melts.

Italian Rice

2 cups boiled rice
1 tablespoon butter
1 cup tomato sauce or tomato chutney

Place butter in a saucepan, and when melted add to it the boiled rice and the tomato sauce or tomato chutney. Season with salt and pepper, and stir until heated through. Then serve, sprinkling plentifully with grated cheese.

Russian Rice

Butter a baking dish, and spread a one-inch layer of boiled rice over the bottom. Over this sprinkle finely chopped tomatoes, fresh or canned. Season with salt and pepper, and dot well with butter. Then add another layer of rice

somewhat thinner, spreading over it finely chopped green peppers, and so alternate tomatoes, pepper, and rice until the dish is well filled, having a layer of rice on the top. Garnish the center of the dish with slices of tomato, and encircle the edge with thinly cut rings from the pepper. Pour 2 tablespoons melted butter over all, cover lightly with a tin cover, and cook in a slow oven twenty minutes. Just before serving, add 2 tablespoons melted butter.

Spanish Rice

½ cup shortening
½ cup grated cheese
6 tablespoons rice
1 can tomatoes
5 small onions
1 cup hot water
¼ cup chopped olives
Salt and pepper

Wash rice and put it in a bowl; add shortening, seasonings, cheese, hot water, and tomatoes, olives and onions cut into small pieces. Turn mixture into a well-greased baking dish and bake until rice is tender.

Boiled Rice with Cheese Sauce

Hot boiled rice is delicious served with cheese sauce.

CHEESE SAUCE FOR RICE

1½ cups milk
1½ cups grated cheese
2 tablespoons butter
¾ teaspoon salt
1½ tablespoons flour
Cayenne pepper

Stir the flour and salt smoothly into ½ cup milk; heat the remaining milk carefully to boiling point. Add butter, and thicken with the flour mixture. Let all boil together for a few minutes and then set aside to cool slightly. Add cheese, and bring mixture slowly to boiling point, stirring constantly. Season with cayenne and serve hot.

Rice Fritters

1 cup rice
1 tablespoon sugar
1 pint milk
3 eggs
2 tablespoons butter

Boil rice in milk until it is soft and all the milk has been absorbed. Then remove from fire, and add yolks of eggs, sugar, and butter. When mixture is cold, add whites, whipped to a dry froth. Drop by the spoonful into plenty of hot lard, and fry until fritters are a deep buff color. Serve with cream sauce, flavored with lemon if desired.

Rice and Oyster Scallop

3 cups cooked rice
1 pint fresh oysters
1 cup chopped celery
1 cup milk
1 tablespoon cornstarch
1 tablespoon fat
½ teaspoon salt
⅛ teaspoon pepper

Make a white sauce by melting the fat, stirring in the cornstarch, salt, and pepper, and then adding the milk. Stir mixture over the fire until it is thickened. Arrange in a baking dish alternate layers of rice, oysters, celery, and white sauce until dish is nearly full. Have a layer of rice covering the top. Bake 20 minutes in a moderate oven.

Stuffed Steak

1 pound round steak
2 cups boiled rice
Salt
2 tablespoons chopped parsley
1 teaspoon onion juice
Paprika

Blend the rice with the seasoning. Pound the steak until it is thin. Spread the steak with a layer of the rice stuffing about ¾ inch thick. Roll and tie in shape or fasten with skewers. Place in a covered pan with enough water to keep steak from burning, and cook in the oven 30 minutes.

Take off the cover, and brown the steak before removing it from the oven. Thicken the stock left in the pan for gravy. If preferred, make individual servings. Cut a 3-inch square of steak, place a tablespoonful of the dressing in the center, roll the steak around it, and fasten. Place in a pan with a little water and cook as the roast was cooked. These smaller rolls are very good served with tomato sauce.

Southern Steak with Rice

2 pounds beefsteak
1 onion
1 tablespoon butter
1 cup boiled rice
1 tablespoon flour
2 cups milk
2 tablespoons Worcestershire sauce
Parsley

Slice beefsteak into thin, small pieces. Brown the onion and butter in a saucepan, add the sliced meat, and fry for 5 minutes. Cover with the boiled rice, and sprinkle with the flour. Add milk and Worcestershire sauce. Add parsley and let cook for a few minutes longer and serve.

Baked Rice

1 cup rice
½ teaspoon salt
2¼ cups water
1 cup tomatoes
2 tablespoons butter
Pepper

Cook rice in salt water 1 hour. Add tomatoes and butter, and cook 15 minutes. Pour mixture into buttered baking dish, cover top with bread crumbs, and bake until brown.

Giblets with Rice

1 cup giblets
1¾ cups gravy
1 cup cooked rice
Salt and pepper

Cut giblets in small pieces. Mix with gravy and rice.

Savory Rice

(Substitute for meat and potatoes)

2 tablespoons butter or substitute
6 tablespoons boiled rice
3 tablespoons grated cheese
1 hard boiled egg (chopped)
Milk
4 tablespoons cooked carrots (chopped)

Melt the butter, add rice, carrots, cheese, and egg (egg may be omitted if desired.) Moisten with milk and season well. Pour mixture into a baking dish and brown in oven.

Rice and Cabbage

1 cup stock or boiling water
2 thin slices bacon
½ medium-sized cabbage
¼ cup boiled rice
½ teaspoon chopped parsley
Salt and pepper to taste

Cut the bacon into small bits, add cabbage finely chopped, and moisten with the boiling water or stock. Cook slowly, uncovered, for 30 minutes. Add the rice, parsley, salt, and pepper, and cook 15 minutes longer.

Kidney Beans and Rice with Brown Sauce

2 tablespoons butter or drippings
1 tablespoon flour
2 cups stock or gravy
1 pint beans
1 cup cooked rice
Salt and pepper

Brown the butter or drippings in a saucepan until dark colored, but do not burn. Add flour, stir, and brown again. Add good stock (beef is best), and season with salt and pepper. Cook the fresh shelled beans in salted water until tender. Add the cooked rice and then the sauce, and cook 1 minute longer. If gravy is used, butter (or drippings) should be left out. In food value this nourishing dish takes the place of both meat and potatoes.

Rice and Pimento Salad

1 cup cooked rice 3 tablespoons chopped pimento
3 tablespoons chopped green pepper

Mix ingredients and season. Serve on lettuce with mayonnaise or French dressing. Garnish with strips of pimento.

RICE FOR SUPPER

Rice Croquettes

½ cup rice
1 egg or yolks of 2 eggs
1 cup hot milk
1 cup boiling water
2 tablespoons butter
½ teaspoon salt

Cook rice with water, milk, and salt, in double boiler until rice is tender and liquid has been absorbed. Stir in the beaten eggs and butter. Cool, shape in balls, roll in crumbs, dip in egg, then in crumbs, fry in deep fat, and drain. A cube of jelly may be placed in each croquette.

Beef and Rice Croquettes

1 pint cold chopped beef
1 pint boiled rice
1 teaspoon celery salt
½ cup chopped celery
1 egg
Cream sauce

Mix the chopped beef, rice, celery salt, and celery together, and add the beaten egg and enough cream sauce to moisten the mixture. When it is cold, form it into croquettes and fry in deep hot fat.

Rice Balls with Cheese and Tomato Sauce

Form balls of cooked rice and dip them in grated cheese. Bake in a hot oven until cheese is brown. Serve with tomato sauce.

TOMATO SAUCE

1 quart tomatoes
2 tablespoons butter
Salt and pepper
2 tablespoons flour
8 cloves
Small slice onion

Cook the tomatoes, onions, and cloves 10 minutes. Heat the butter in frying pan and add the flour. Stir mixture over fire until smooth and brown, and then stir in tomato. Cook 2 minutes, season to taste with salt and pepper, and rub through a strainer to remove the tomato seed.

Rice Cream

⅓ cup uncooked rice
1 quart skimmed milk
½ teaspoon cinnamon
Salt

To uncooked rice add skimmed milk, cinnamon, and salt. Pour mixture into a greased dish and bake 3 hours in slow oven, stirring three times the first hour to prevent rice from settling. The rice should be creamy when baked.

Escalloped Rice

2 cups cooked rice
½ cup grated cheese (2 oz.)
1 cup white sauce or tomato sauce
¼ cup buttered crumbs

Spread a layer of rice in the bottom of a buttered baking dish. Add a layer of white sauce, then one of grated cheese. Repeat until the dish is full, and then spread buttered crumbs on top. Bake for 20 minutes, or until the crumbs are brown and sauce bubbles up through the crumbs.

Note. For white sauce, use 1 cup milk, 1 teaspoon butter, 1 teaspoon flour, ⅛ teaspoon salt.

Chartreuse of Rice and Egg

Line an individual mold with cooked rice, leaving a hollow in the center. Place ¼ hard cooked egg point down in hollow. Fill mold with rice, packing lightly. Place in

covered pan in small quantity of water to keep warm. Invert on plate and serve with tomato sauce.

Baked Hash of Rice and Beef

1 cup chopped beef
1 cup cooked rice
1 cup milk
2 tablespoons butter
1 teaspoon salt
¼ teaspoon pepper
1 egg

Into a stewpan put all the ingredients except the egg. Stir mixture for 1 minute, and then add well-beaten egg. Turn hash into a baking dish and bake for 20 minutes.

RICE FOR DESSERT

Golden Rice Pudding

1 cup boiled rice
4 egg yolks, or 3 whole eggs
2 cups milk
1 teaspoon vanilla
1 cup sugar
1½ teaspoons nutmeg

Beat eggs slightly, add milk, sugar, and seasonings. Add this mixture gradually to the boiled rice. Pour into buttered baking dish and bake in moderate oven ½ hour.

Meringue of Rice

1 cup uncooked rice
1 pint milk
2 tablespoons butter
4 eggs
½ cup sugar
Grated rind of 1 lemon
1 tablespoon lemon juice

Have a pint of water boiling and cook the rice in it. When the water has boiled away, add milk, butter, the yolks of eggs, and grated rind of lemon. Butter a pudding dish, pour in the mixture, and bake until it sets. Beat whites of eggs until they are dry and add sugar and lemon juice.

When pudding is done, spread the frosting over it and brown lightly on the top.

Swedish Rice Pudding

¾ cup uncooked rice
1 quart milk
Butter
1 cup sugar
Salt
1 teaspoon vanilla

Mix rice with milk, add sugar, a little salt, and the vanilla. Pour mixture into a pudding dish. Dot with butter, and bake in moderate oven until done. Serve cold.

Dutch Rice Pudding

1 cup uncooked rice
2 cups milk
1 teaspoon butter
4 eggs
Juice of 1 lemon
1 cup sugar
Nutmeg to taste
½ cup chopped raisins
½ cup nut meats

Mix rice with milk, add butter, yolks of eggs, the other ingredients in the order named, and finally whites of eggs beaten stiff. Bake in buttered baking dish. Serve cold.

Rice Bavarian Cream

3 cups milk
½ cup uncooked rice
½ cup cold water
½ cup sugar
1 tablespoon or ½ box granulated gelatin
1 tablespoon salt
Nutmeg
Whites of 2 eggs

Wash rice and cook with sugar and salt in the milk until mixture is thick and soft. Stir frequently in order to break up grains. Soak gelatin in cold water and then dissolve it in the hot rice mixture. Season to taste with nutmeg or a little lemon juice. Cool until nearly set. Beat

well and fold in the stiffly beaten whites of eggs. Turn into molds or cups, that have been moistened with cold water. Serve plain or with whipped cream.

Rice Surprises

½ cup uncooked rice
1 cup cold water
2 cups milk
2 tablespoons butter
4 tablespoons sugar
Flavoring
Preserves

Wash rice in several waters and put it into a saucepan with fresh, cold water. Boil quickly until the water is absorbed and then add milk and butter. Simmer until the rice is thoroughly cooked and the mixture rather thick. Remove the saucepan from the fire, and add sugar and flavoring to taste. Rinse out some small molds with cold water, fill them ¾ full with rice, and make little hollows in the centers. Drop one teaspoon of preserves into each, cover and fill with more rice, and set aside to cool. When molds are firm turn them out on to a pretty dish. Serve with custard sauce poured around them.

Spiced Rice Pudding

2 cups cooked rice
Milk
½ teaspoon ground spices
2 teaspoons brown sugar

Mix rice, sugar, and spices in glass or earthen baking dish. Add milk to cover, and bake in a moderate oven until thick.

Chocolate Rice Pudding

2 cups cooked rice
¼ cup granulated sugar
1 teaspoon cocoa
Milk

Mix and bake the same as the spiced rice pudding.

Simple Rice Pudding

1 cup uncooked rice
1 quart water
1 quart milk
¾ cup sugar
½ teaspoon salt
Nutmeg

Wash the rice thoroughly. Boil it in the water for 5 or 10 minutes. Remove it from stove, but do not drain. Add the other ingredients, place in the oven, and bake very slowly for an hour. Stir it frequently while it is baking.

Molded Rice

Press warm, cooked rice into individual molds. Remove from molds when cold and serve with fresh fruit and cream. Crushed strawberries and rice are especially good.

Rice and Pineapple

1 cup uncooked rice
2 cups boiling water
1 teaspoon salt
1 can pineapple

Add the washed rice to the boiling salt water and steam ½ hour. Add juice from pineapple and steam 15 minutes longer. Remove from fire and add pineapple cut into small pieces. Serve either hot or cold, with or without cream.

Fruit Rice Mold

⅔ cup uncooked rice
⅓ cup hot milk
3 cups water
1 teaspoon salt
¼ cup sugar

Cook rice in boiled salt water until dry. Add milk and sugar and cook 10 minutes. Turn mixture into buttered mold. When cold, remove to serving dish and arrange over it half a can of peaches, pineapple, or apricots. Serve with cream. Fruit juice may be added at second cooking.

Rice Custard

Add a cup of boiled rice to soft custard.

Rice Cream

1 quart milk
½ cup uncooked rice
3 tablespoons sugar
1 tablespoon gelatin
½ pint whipped cream

Scald milk in double boiler, add rice, and cook until tender. Turn out, add sugar and cool. Soak gelatin in ½ cup of milk 10 minutes, heat until gelatin is thoroughy melted then add to rice mixture. When mixture seems to be setting, lightly stir in whipped cream, then turn into a wet mold. Chill and serve with cooked or fresh fruit.

Lemon Rice Pudding

1 quart milk
1 cupful uncooked rice
3 eggs
3 tablespoons sugar
2 lemons
¾ teaspoon salt

Scald milk in double boiler, slowly drop in rice, and cook until very soft. Stir together yolks of eggs, sugar, salt, and grated rind of lemons. Add gradually the hot rice and milk, thinning with a little more milk, if necessary, to make it somewhat thicker than a boiled custard. Turn into a baking dish and bake in moderate oven 10 minutes. Beat the whites of the eggs very stiff and add to the sugar and the juice of the lemons. Cover the pudding with the meringue and bake it until a delicate brown. Serve cold

Japanese Rice Candy

Press cold boiled rice into balls, and add nuts. Toss into boiling candy sirup, then allow them to cool and harden.

HOW TO USE LEFT-OVER RICE

1. Use left-over rice in place of bread crumbs for thickening soup or in making quick breads and scalloped dishes.

2. Add rice to boiled custard for dessert.

3. Stuff the centers of whole cold baked apples with rice and raisins.

4. Reheat rice, arrange it on platter, and surround it with cooked carrots seasoned with pepper, salt, and a little butter.

5. Mix rice with seasonings and a little minced left-over meat or grated cheese to make a good stuffing for tomatoes or green peppers.

6. Serve rice with prunes to make a dainty dish.

Left-over Meat in Rice Timbales

1 cup left-over meat ½ cup gravy
1 cup cooked rice

Line cups or molds with rice (reheated). Make layer ¼ inch thick, let stand 15 minutes, remove from cups, and fill with meat and gravy mixture.

Uses for Rice Water

The water left from boiled rice contains too much starch to be wasted. When cooked down until thick it makes a good thickening for soups in place of flour.

As a starch for sheer materials it is excellent.

Rice Water for Invalids

2 tablespoons rice Milk
3 cups cold water Salt

Wash rice, add cold water, and soak for 30 minutes. Bring it gradually to boiling point and cook for 1 hour. Strain, reheat, and dilute with hot milk. Season with salt.

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